A HIGH-PROTEIN WHEAT TOAST

What's in this recipe: By adding a flour-milk 'wrap' to the dough, this increases the protein from 40g per (recipe) loaf *to over 90g!* The flavor of the toasted bread is rich and full, and the 'tooth' or 'crumb' is complex and filling.

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'Mmmm, Cracking Toast!'

A Novel Recipe for Toasting-Bread

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Your Toasted Slice of *Mmmm!*

Cracking Toast

The Secret to Perfect Toast!

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Makes 2 loaves (or 1 double loaf)

INGREDIENTS:

5-½ cups enriched unbleached wheat flour
2 medium -or- large eggs
3 tablespoons unbleached raw sugar
1-½ tablespoons *Saf-Instant* dried yeast
1 cup kefir (soured milk)
½ cup millet + ½ cup barley groat grains

Baked for a beautiful crunch!

PRE-HEAT OVEN TO 370°F:

11 - Baking bread

Place bread on middle rack and centered. With spray bottle, spray both sides of stove 4 or 5 spritzes of water to make uniform heat. Set timer for about 30 minutes. Check bread often after. When crust is well-brown, remove from oven, and tip bread onto cooling rack.

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Proofing the dough

PRE-HEATING OVEN TO 200°F:
Place racks one low, one middle of oven
Set metal pan of warm water on lower

10 - Proofing-oven bread before baking

Top of stove (usually back right side) there is an oven vent under the burner. Alternative is on top of the radiator, set on a folded cloth. *Cover with an inverted cardboard box to rise*.

Preparing the starter

1 - Mix the starter ingredients

WARM - Warm eggs in cup of hot tap water
SOAK - Grains in cup of warm tap water
COMBINE - ½ cup flour, 3 tablespoons sugar, warmed eggs, 1-½ tablespoons dried yeast. Stir with chopstick. Rest until yeast softens.

2 - Add soaked grain

COMBINE - Add to batch and stir well with chopstick. Rest until yeast foams up.

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Preparing the dough

3 - Mix in the flour

Add 3 cups of flour to now bubbling starter. Stir with chopstick. *THIS IS IMPORTANT!* Start from the DRY side, not the WET. We want toast bread with texture, and crumb.

4 - Add warm tea to form a pliable dough

Starting with flour *crumble,* use only enough dribbled tea, work until it forms a dough ball.

Folding dough into pan

9 - Forming the dough to fit the pan

It's advisable to fold and reroll the dough into a *uniform* cylindrical 'log', otherwise the loaf will proof-out being lop-sided. (As this one is.)

Wipe the bread pan with an oiled rag to prevent sticking and sprinkle corn meal across the bottom of the pan beforehand.

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Rolling out the dough & wrap

8 - Rolling out the dough & wrap together

Roll up the layered dough & wrap into a tight cylinder. Dust with flour, lift and turn 90° on the table. Roll only enough to flatten, then work from the side, and roll left-and-right to widen out. FLIP the rolled dough/wrap, dust, and roll up towards the top. Dust with flour, lift and turn 90° on the table. REPEAT as above for up to 3 rollouts, if you can achieve that.

Preparing the wrap

WHAT IS A WRAP?

It's a *high-protein* 'wrap' like a flour tortilla, that gives the toast firm body and flavor.

5 - MIXING the wrap dough ball

COMBINE - Add two cups of flour to a steel mixing bowl, and stir in 1 cup of kefir. Start to knead into a ball. Sprinkle flour, if it's sticky.

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Letting the dough sponge rise

6 - CREATE a warm 115°F proofing space

Top of stove (usually back right side) there is an oven vent under the burner. Alternative is on top of the radiator, set on a folded cloth. Cover the dough and let rise until it's about double. The wrap should also be warmed.

TAKE A TEA BREAK! READ A BOOK!

Combining the dough and wrap

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Dust table with flour, then roll out the wrap as thin as a tortilla, keeping close to a circle. With a damp sponge, moisten the edge, then slip raised dough sponge onto the rolled out wrap. Lightly roll together, then fold wrap over dough. You can now begin to roll them out.

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